

FOOD AND ITS VALUE

It is not of so much importance how much food we eat as it is how much is assimilated. Unless your food is properly assimilated it can do you no good—in fact, it is harmful. It overburdens the stomach and impairs the digestive organs. Food is easily and rapidly assimilated when

JOHANN HOFF'S MALT EXTRACT

is taken with meals. Johann Hoff's Malt Extract improves the appetite, perfects digestion, and is a certain remedy for dyspepsia.

Beware of worthless substitutes sold in bottles similar to Johann Hoff's Malt Extract.

Mount Vernon

Whiskey

(Pure Rye)

Commands the highest price.

Used by the best people.

Best Value.

Buy the distillery bottling in square bottles.

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A WOMAN'S GLORY

is a beautiful head of hair. Nothing is more disconcerting than to have one's crowning glory of nature become thin, gray or faded. It often prevents advancement in business or in a social way. Many women have lost the opportunity of a desirable marriage because they had gray or faded hair. HAY'S HAIR-HEALTH

will restore every trace of grayness and baldness and positively restore color and growth to the hair. It is a guarantee. Any person purchasing and using HAY'S HAIR-HEALTH will find it in the United States.

Starke who will say that he has had his hair restored by using HAY'S HAIR-HEALTH. LONDON N. 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